

GETTING SPIRITUALLY FIT
1 TIMOTHY 4: 7-10

FOCAL PASSAGE: 1 TIMOTHY 4:7-10 “HAVE NOTHING TO DO WITH GODLESS MYTHS AND OLD WIVES’ TALES; RATHER, TRAIN YOURSELF TO BE GODLY. FOR PHYSICAL TRAINING IS OF SOME VALUE, BUT GODLINESS HAS VALUE FOR ALL THINGS, HOLDING PROMISE FOR BOTH THE PRESENT LIFE AND THE LIFE TO COME. THIS IS A TRUSTWORTHY SAYING THAT DESERVES FULL ACCEPTANCE (AND FOR THIS WE LABOR AND STRIVE), THAT WE HAVE PUT OUR HOPE IN THE LIVING GOD, WHO IS THE SAVIOR OF ALL MEN, AND ESPECIALLY OF THOSE WHO BELIEVE.”

BIBLICAL TRUTH: PAUL WAS GIVING INSTRUCTIONS TO TIMOTHY. HE WANTED TO ENCOURAGE AND GIVE HIM INSTRUCTION AND WORDS OF WISDOM

BUSINESS IMPACT: BY MAKING SURE YOU ARE KEEPING SPIRITUALLY FIT, YOU WILL SET YOURSELF TO BE MORE MORALLY PURE, MAKE BETTER BUSINESS DECISIONS, AND KEEP THE END IN MIND.

MICHAEL MOORE: ONE OF THE THINGS, I’VE STRUGGLED WITH OVER THE COURSE OF MY BUSINESS CAREER IS TAKING CARE OF MY BODY. I’M ALWAYS RUNNING FROM ONE THING TO THE NEXT. BEFORE I KNEW IT, 14 YEARS HAD GONE BY AND I DIDN’T LIKE WHAT I SAW

IT TOOK A WAKEUP CALL OF HAVING WHAT FELT LIKE CHEST PAINS TO REALIZE I WAS PHYSICALLY UNFIT. I WENT TO THE DOCTORS, DID THE STRESS TEST, X-RAYS, ANOTHER DOCTORS VISIT. YOU NAME IT. IN THE END I

WAS TOLD I NEEDED TO LOSE WEIGHT AND GET SERIOUS ABOUT IT.

I TOOK SMALL STEPS AT FIRST. EATING OUT A LITTLE LESS, PACKING MY LUNCH, FOCUSING ON THE CALORIES. I EVEN SIGNED UP FOR A WEIGHT-LOSS CHALLENGE AT THE YMCA. IN TWO WEEKS, I HAVE MANAGED TO LOSE 9 POUNDS AND I FEEL A LOT BETTER.

ONE OF THE THINGS, I HAVE ENJOYED THE MOST IS DOING WII FIT? ANYONE HAVE ONE OF THESE THINGS? I TAKE THE SPORTS FITNESS CHALLENGE EVERYDAY. THE FIRST DAY IT SAID MY WII FIT AGE WAS 70. KINDA HUMBLING THIS WEEK I IMPROVED TO 23. WHY? BECAUSE I PRACTICE AT IT EVERYDAY. WHAT HAPPENS IF I STOP EXERCISING? THE 9 POUNDS COMES BACK PLUS SOME.

SCRIPTURE SAYS FOR PHYSICAL TRAINING IS OF SOME VALUE, BUT GODLINESS HAS VALUE FOR ALL THINGS.

HOW IS YOUR WII SPIRITUAL AGE? ARE YOU FOCUSING ON THINGS THAT HAS VALUE FOR ALL THINGS?

HAVE YOU GOTTEN AWAY FROM THE THINGS THAT THE LORD WANTS YOU TO FOCUS ON. ARE YOU TRAINING EVERYDAY TO GET MORE SPIRITUALLY FIT?

WHAT ARE YOU DOING TO STAY SPIRITUAL FIT? (QUIET TIME, PRAYING DAILY, LISTING TO A SERMON EVERYDAY, CHRISTIAN MUSIC, BIBLE STUDY ETC...)

I EXHORT YOU TO ATTEND THESE MEETINGS, TELL

OTHERS ABOUT THEM, BE IN A LOCAL FELLOWSHIP,
HAVE SOMEONE HOLD YOU ACCOUNTABLE FOR
HOLDING ON TO THE THINGS THAT ARE IMPORTANT.

YOUR BODY IS THE BAGGAGE YOU MUST CARRY
THROUGH LIFE. THE MORE EXCESS BAGGAGE THE
SHORTER THE TRIP—ARNOLD H GLASOW—

THIS IS TRUE OF OUR SPIRITUAL LIVES ALSO THE
TRAINING WE HAVE IN HOW TO BE GODLY WILL CARRY
US A LOT FUTHER IN LIFE.

PRAY THAT GOD WILL SHOW WHERE YOUR
WEAKNESSES ARE IN YOUR SPIRITUAL BODY SO YOU
CAN BUILD THEM UP.